



## Town of Herndon Parks and Recreation

P.O. Box 427  
Herndon, VA 20172  
herndon-va.gov



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Herndon, VA  
Permit No. 280

## ECRWSS Residential Customer



### Preschool Program - There is still time to join!

Is your child ready to make friends, learn new skills and begin the transition from home to school? The Herndon Community Center Preschool is designed to stimulate your child's mind and development in a fun and interactive classroom. Our professional staff welcome your potty-trained child into a nurturing environment for ages 3-5. Our goal is to foster independence, improve physical skills and develop a child's enthusiasm for learning in a school setting. The teacher-child ratio is 3 to 20.

#### Age 3-4

Emphasis is placed on learning to share with others and play in a group setting.

**Tuesday, Thursday**

9am-12pm

(Must be 3 by September 30, 2014)

Tu/Th TOH \$1,230/NR \$1,600

#### Age 4-5 (This program is full but we are taking a waitlist)

Emphasis is placed on kindergarten readiness.

**Monday, Wednesday, Friday**

9am-12pm

(Must be 4 by September 30, 2014)

M/W/F TOH \$1,447/NR \$1,915

Limited space available; call for information.



### Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

**Featuring:** party room, unlimited swimming, cake (ice cream or standard), drinks, pizza (optional), balloons and much more.

Call **703-787-7300** for information on our specialty party packages!



### 10-Visit Pass

### Make time for you this fall

**Herndon Community Center**  
**10-visit pass sale**  
TOH \$58/NR \$69  
Senior/Youth TOH \$46/NR \$52  
Pass expires six months after purchase.

### Teen's Night Out

Age 11-14

Check out this new program for fall 2014. Drop your teen off with us and we will take care of the rest. We will take the teens on a fun trip to a local destination. Games and activities will be enjoyed by all before and during the trip. Boxed dinner is included in each trip. Program meets and departs from the Herndon Community Center.

1, 4 hour session TOH \$40/NR \$40

**October 17 Haunted House**

260012.50 F 6-10pm

**December 12 Shadowland Laser Tag**

260012.51 F 6-10pm



# Herndon RECEXPRESS FALL 2014

The RecExpress highlights a few of the outstanding Herndon Parks and Recreation Department programs and events. View all we have to offer in our Fall Quarterly Brochure, available at [Herndon-va.gov](http://Herndon-va.gov) or pick a copy up from the Herndon Community Center.



### Small Group Personal Training for Teachers

Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school.

13, 1 hour sessions TOH \$98/NR \$130

**September 15-December 15**

(No class 10/13)

222530.11 M 4-5pm

**September 17-December 17**

(No class 11/26)

222530.32 W 4-5pm

### Tennis Fitness Training

Age 16 & up

Are you working on your tennis game? Don't forget the most important aspect—the condition of your body! This class will help you develop the strength, agility, speed, and endurance needed to complement your technical skills on the court. Cover more of the court and get to balls you might not otherwise get to; add speed and power to your serve; recover your position more quickly to keep volleys alive. Best of all, you'll be able to stay healthy and stay out on the court!

7, 1 hour sessions TOH \$53/NR \$70

**November 3-December 15**

(No class 10/13)

222950.10 M 2:30-3:30pm

### Cyclist Cross-Training

Age 16 & up  
Cycling enthusiasts—be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

7, 1 hour sessions TOH \$53/NR \$70

**November 4-December 16**

222850.20 Tu 5:30-6:30pm

### TURKEY TROT 5K

**Saturday,  
November 22 at 4pm**

Come out and enjoy a trail course 5K with the family! The race will begin at 4pm on 11/22. Packet pick-up and race day registration runs from 1:30-3:30pm. Long sleeve Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. Shirts must be picked up the day of the race. Shirts will not be available after race day.

**Prizes to 1st and 2nd place winners in the following age groups:**

10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners.

Registration forms will be available online and at the Herndon Community Center in late September. Online registration is available at [herndon-va.gov](http://herndon-va.gov) (257150.60) or active.com.

**Pre-registration** 257150.60

\$20 and a can of food for donation

**Race Day Registration**

**Adults:** \$25 and a can of food for donation

**Youth age 18 & under:** \$20 and a can of food for donation

All food will be donated to LINK. Check out the Turkey Trot 5K Training class listed above.

### ½ Way to St. Patrick's Day - Wednesday, September 17

Have a little fun with H P&R!  
Enjoy a free **ZUMBA** class and an intro to **BODYPUMP™** on the Town Hall Green, 730 Elden Street at 5-6:30 pm.

After your workout, join us to celebrate at **O'Sullivan's Irish Pub and Restaurant** for a ½ way to St. Patrick's Day celebration.

### LES MILLS BODYPUMP™

**BODYPUMP™** is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total-body workout that burns lots of calories. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

#### BENEFITS OF BODYPUMP™

- Shape and tone your body
- Improve bone health
- Improve your core strength

#### JUST GETTING STARTED?

You can adjust a **BODYPUMP™** workout to your current fitness level:

- Start with light weights or even just a bar
- Build up from four or five tracks to a full class

**• Classes start Saturday, September 27**

**M 6:40-7:40pm**

**Tu 7-8pm**

**W 6-7pm**

**Sa 8:45-9:45am**

(No class 10/11 & 12/13)





## Spooktacular

Age 3-8  
Friday, October 24  
6:30-8pm

Enjoy ghoulish games, a spooky craft and a children's show. Fee covers all activities, show and a treat bag. Dinner on your own. Parents must accompany children at this event.

\$8 up to 10/24 at 5pm,  
250000.50  
\$11 at the door, per child

Games & Crafts 6:30-7:30pm  
Show 7:30-8pm

## Kids at Hope Family Fun Night

All Ages

Bring the family together to share in a night of fun! Your family will enjoy games and activities that reinforce the Kids at Hope motto: "Every child is capable of success, No exceptions!" Make sure to bring your bathing suits for a swim in the pool! Don't miss out on this chance to show your child how he or she can succeed! \$2 per person.

1 session  
Friday, September 26  
252000.50 7-9:30pm

## HernDOG Bark Bash

Sunday, October 5, 12-3pm | Bready Park

**Free Admission**

Get your tails waggin' for the first annual HernDOG Bark Bash – premier event for pet lovers with three hours of four-legged fun. Doggy demonstrations, competitions, an off-leash area, adoption event and wide variety of dog themed vendors will be on site. Entry to HernDOG Bark Bash is free but fees may apply to some activities, services or to purchase vendor products. Friendly, leashed and vaccinated dogs (and their owners) are welcome.

Looking for a new friend? A Forever Home will be conducting their weekly adoption event on-site. If you would like to learn more about A Forever Home, please visit their site [aforeverhome.org](http://aforeverhome.org). If you would like to volunteer, be an event sponsor or participate as a vendor, please contact: [david.zakrzewski@herndon-va.gov](mailto:david.zakrzewski@herndon-va.gov) or call 703-435-6800 x2106.

## NatureFest 2014

### Web of Life – Making Connections

Sunday, September 28 1-5pm  
Runnymede Park, Free Admission

### Come to Runnymede Park and celebrate nature!

Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life, and much more. Live animal shows throughout the day. Arts and crafts and fun for the whole family will be included! Call if your group would like to volunteer (703-435-6800 x2109). Satellite parking with a passenger van shuttle will be available to and from the Herndon Police Station, 397 Herndon Pkwy.

Sponsored by Friends of Runnymede Park

## Herndon Community Center 35th Anniversary Celebration and Open House

Saturday, November 8, 11am-3pm

The Herndon Community Center and the Herndon Parks and Recreation Department invite people of all ages and their families to celebrate the 35th Anniversary of the Herndon Community Center. We encourage those not familiar with the Herndon Community Center to stop by to learn more about our facility and programs. Meet staff, take a facility tour, and check out programs that are offered throughout the year. The event will feature music, food, free swim time, inflatable games, giveaways, and more!

### Canoe Ride with Santa

Age 3-12  
Have your child enjoy a different holiday experience. Take a special canoe ride with Santa in the pool and tell him your Christmas wishes. Reserve your time for the ride, but join us for a swim. Open to all participants and their families from 2-6pm. Proper swim attire is recommended.

1, 10 minute session	TOH \$10/NR \$10
<b>December 6</b>	
209350.60	Sa 2-2:10pm
209350.61	Sa 2:20-2:30pm
209350.62	Sa 2:40-2:50pm
209350.63	Sa 3-3:10pm
209350.64	Sa 3:20-3:30pm
209350.65	Sa 3:40-3:50pm

### Water Safety Instructor

Age 16 & up  
This American Red Cross course teaches participants how to instruct Red Cross swimming classes. All students must complete a Water Safety precourse test. For more information or to obtain a list of precourse skills, please call Kerstin T. Severin at 703-435-6800 x2128.

4, 9 hour sessions	TOH \$286/NR \$346
<b>December 22-23, 29-30</b>	
207130.60	M/Tu 9am-6pm

### Lifeguard Training Class

Age 15 & up  
This class trains and certifies American Red Cross lifeguards. Participants must also pass a precourse swimming test and attend all class sessions to pass the course.

1, 2 hour session plus	
4, 8 hour sessions	TOH \$286/NR \$346
207230.60	
<b>December 20</b>	Sa 12-2pm
<b>December 22-23, 29-30</b>	M/Tu 9am-5pm

### Attention

high school and college students... plan now to be certified so you can teach swimming or become a lifeguard.



## A STORY BOOK HOLIDAY

Saturday, December 13  
10am-12pm | \$14  
250200.60  
Age 3-8

Bring your child to enjoy holiday fun. Cost includes a visit with Santa, craft, brunch for one parent and child duo, and a reading of a holiday story by a special guest. Registration deadline is Friday, December 12 at 1pm.

## Towne Square Singers

A Towne Square Christmas  
Join the Towne Square Singers for a night of fun, family and great music as they present their annual holiday concert! Following the concert enjoy cider and cookies and a group carol sing, to which all are invited. Sing your favorite carols with the Singers and fill yourself with Holiday spirit! Please print your receipt as your ticket. Tickets are \$12.

	<b>December 5</b>		
	245400.51	F	7:30-9pm
	<b>December 6</b>		
	245400.61	Sa	7:30-9pm
	<b>December 7</b>		
	245400.71	Su	2-3:30pm

## 36th Annual Holiday Arts and Craft Show

Sunday, December 7, 2014 10am-4pm

The Herndon Community Center will host more than 80 arts and crafts vendors offering unique gifts, holiday decorations, and handmade items.

**Free admission and parking**